

Recipe

Potato & Chickpea Coconut Curry

Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

Format 1: The “Mise-en-place” & Execution Flow

Best for: Ensuring you have everything ready before you start the heat.

Mise-en-place:

- **Aromatics:** 1 Onion (diced), 3 cloves Garlic (minced), 1 tbsp Ginger (grated).
- **Spices:** 1 tbsp Curry Powder, 1 tsp Turmeric.
- **The Bulk:** 2 lg Russet Potatoes (cubed 3/4”), 2 cans Chickpeas (rinsed).
- **Liquids:** 1 can Coconut Milk, 1 cup Veg Broth.
- **Finish:** 1 bag Spinach, Lime Juice, Cilantro.
- **Side:** Cauliflower (for roasting).

Execution:

1. **Bloom:** Hot oil. Sauté onion (5m). Add garlic/ginger/spices (1m).
2. **Combine:** Add potatoes, chickpeas, milk, broth.
3. **Simmer:** Cover, low heat, 15-20m (until potatoes soft).
4. **Wilt:** Stir in spinach in batches.
5. **Acid:** Squeeze lime juice. Adjust salt.
6. **Serve:** Bowl up with roasted cauliflower on the side.

Format 2: The “Flavor Layers” (Step-by-Step Build)

Best for: Understanding the sequential build-up of flavors.

1. **BLOOM Layer:** Frying the curry powder and turmeric in the oil “wakes up” the spices, making them potent rather than dusty.
2. **RICHNESS Layer:** Coconut milk fats carry the spice flavor to every corner of the dish.

3. **EARTH Layer:** Chickpeas and potato skins provide a deep, grounding earthiness and texture.
4. **FRESH Layer:** The spinach adds color and iron; the lime juice cuts through the coconut fat to make the flavors “pop.”

Format 3: The “Chef’s Shorthand” (Tactical)

Best for: Quick glances while cooking.

- **Sauté** onion.
- **Bloom** garlic/ginger/spices.
- **Add** potato, chickpea, liquids.
- **Simmer** covered (20m).
- **Stir** in spinach (wilt).
- **Finish** w/ Lime.

Format 4: The “Timeline” (Parallel Processor)

Best for: Optimization and multi-tasking.

Time	Action	Notes
T-30	Oven	400F (for Cauliflower side).
T-25	Base	Cook onion + spices.
T-20	Simmer	Add bulk + liquid. Cover.
T-20	Side	Cauliflower in oven.
T-02	Wilt	Stir in spinach.
T-00	Eat	Curry hot, cauliflower roasted.

Format 5: The “Sensory Script” (Audio-Visual)

Best for: Cooking by feel and intuition.

- **LOOK:** The oil should turn vibrant yellow/orange when the turmeric hits it.

- **SMELL:** Warm ginger and curry leaf smell filling the room.
- **TOUCH:** Potatoes should be soft all the way through; chickpeas stay slightly firm.
- **TASTE:** Taste before the lime, then after. You should notice the heavy coconut flavor suddenly becoming “lighter” and cleaner.